

# 279TH BASE SUPPORT BATTALION

## COMMANDER'S POLICY

**POLICY NUMBER:** 01-24

**DATE:** 01 August 2003

**SUBJECT:** Physical Training (PT) Runs, and Marches

**PROPONENT:** S2/S3 (469-1530)

**DISTRIBUTION:** A, B & C

**PURPOSE:** Establish procedures for the conduct of physical training (PT) runs, and unit marches.

**SCOPE:** Applies to all units/soldiers conducting PT on Warner Barracks.

1. Units are responsible to conduct physical training and marching formations in a manner that promotes safety and respects the rights of other citizens and soldiers to sleep, drive, cycle or walk undisturbed.
2. Prohibitions/restrictions on-post:
  - a. Residential roads and areas are off limits.
  - b. No cadence calling within 100 meters of a family housing or German residential area.
  - c. Formations are limited to three columns and will not occupy more than half of the road width. Formations will not impede oncoming traffic.
  - d. Stragglers may not occupy road space (i.e. run on sidewalk or off-road).
  - e. Units must observe approved PT running routes (See enclosure 1.)
3. Minimum safety standards:
  - a. Sufficient road guards with reflective bright-colored vests and during limited visibility, operational flashlights with safety cones.
  - b. Lead and trail road guards within 10-20 meters of the formation.
  - c. Road guards should block and hold intersection traffic 10-20 meters proceeding and following formation.
  - d. Clearly defined and publicized emergency medical aid procedures and response capability.

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4. Prohibitions and restrictions for PT off-post:

- a. During weekly PT running formations are limited to squad size (no more than 12). They will be in a **single column formation** (not blocking the sidewalk).
- b. Must wear reflective belts during periods of limited visibility.
- c. Must run on sidewalks or trails.
- d. No cadence calling.
- e. Road guards are not authorized to block traffic; formations must wait at lights for green pedestrian crossing signal before entering the crosswalk.
- f. Individual ID is required to regain entry onto the installation.
- g. Soldiers can wear PT uniform while running in PT formations as stated in para. 3,a. However, on weekends and non-PT hours it is highly encouraged that the soldiers wear civilian PT clothes.
- h. Authorized running areas for unit PT are on the trails in the woods out Gate #5 across Poldeldorfer Strasse.

5. Vehicles who meet oncoming formations will slow to 10 mph until unit has completely passed motor vehicle.

6. Maximum Support – It Shall be Done!”

Encl  
PT Running Routes

  
DANIEL L. THOMAS  
LTC, MI  
Commanding



# PT RUNNING ROUTES

## Enclosure #1

